21 The electric power monitoring system of claim 1 wherein the at least one load control comprises a variable circuit breaker that adjusts dynamically to the transmitted load capability.

22 The electric power monitoring system of claim 1 wherein the at least one load control comprises an outlet adapter that closes an outlet to an appliance plug when load capability from the electric source is below a predetermined level.

23 The electric power monitoring system of claim 1 wherein the load capability is determined based on a reference output intended to reduce power consumption during peak load or reduced power conditions.

ABSTRACT OF THE DISCLOSURE

An electric power monitoring system includes a source monitor for measuring momentary power output of an electric source supplying electric power to a power distribution system having at least one electric load. The momentary power output is compared with a reference load capability for the electric source to determine the ability of the electric source to support additional load, and load capability data is transmitted based on the load capability. At least one load control receives the transmitted load capability data and controls the supply of power to the at least one corresponding electric load based on the load capability data.